

For Immediate Release:

Contact: Mubarakah Ibrahim
BALANCE fitness
363 Whalley Avenue
New Haven, CT 06511
(203) 624-9999
info@fitmuslimahsummit.com
www.fitmuslimahsummit.com

Muslim Personal Trainer to Host the Only International Fitness Summit for Muslim Women

(New Haven, CT – June 4, 2008) When people look at a Muslim woman, “*fitness diva*” is not a term that comes to mind. But all that may change if Mubarakah Ibrahim has her way. This 32 year old Muslim Fitness Trainer has put together the Second Annual Fit Muslimah Health and Fitness Summit, a 2 day health and fitness summit for Muslim women to be held July 26 and 27, 2008 in New Haven, CT.

“Muslim women in North America have a fitness predicament, because of their loose clothes and Islamic values of modesty they do not have to worry about fitting into a holiday black dress or summer bikini, as a result many Muslim women don’t exercise as often as they should” says Ibrahim who was born and raised Muslim. “And for stricter practicing Muslims that don’t intermingle with men, co-ed gyms pose a greater challenge to being physically fit.” I want to help Muslim women and girls to discover that fitness and Islam are a natural fit.”

The event, being held in New Haven, CT, will have an all female environment where participants will have a choice from various fitness classes and health workshops. Yoga, Kickboxing, Water Aerobics and Core Conditioning fitness classes will go along side of workshops on weight loss, hypnosis, nutrition, cancer prevention, diabetes and motivational speakers.

The 2 day event has brought together Muslim women professionals from all across the North America in effort to “to encourage Muslim women and girls to live a healthy lifestyle by staying physically fit and taking a proactive stance on their health. Co-sponsored by Aziza Magazine, a quarterly publication for Modern American Muslim Women, Tri-State Media, a newspaper for and by Muslims in the tri-state area, Ctribat, and Fat Loss 10, the event is the first and only one of its kind in the world and is expected to attract Muslim women from as far away as Montreal, Canada.

Press packets are available upon request.

Contact: Mubarakah Ibrahim
BALANCE fitness
363 Whalley Avenue
New Haven, CT 06511
(203) 624-9999
info@fitmuslimahsummit.com
www.fitmuslimahsummit.com